

Green pasta By The brain docs



Italian

INGREDIENTS

Ingredients:

- 1 bag of lentil or brown rice spaghetti (using @traderjoes pasta which is high in protein)
- 1/2 pound of broccoli or broccolini
- 3 cloves of garlic
- 2-3 cups of spinach
- 1 can (15 oz) white (navy, cannellini) beans, drained
- Freshly ground black pepper
- 1/4 cup raw cashews
- heaping 3 tbsp nutritional yeast
- Juice of 1/2 lemon
- heaping 1/2 teaspoon of Nom Nom Paleo's Magic Mushroom Seasoning
- Handful of basil leaves
- 1/3 to 1/2 cup of pasta water
- 1 tbsp EVOO
- parmesan cheese

DIRECTIONS

Directions: Boil water and cook pasta as directed. Halfway through, add the greens and the garlic and cook for two minutes. Remove the greens and garlic with a slotted spoon and transfer to a blender. It's OK if there are pieces of greens left in the pasta. Add the rest and blend until smooth. Drain your pasta, add the green sauce on top. Add a tablespoon of extra virgin olive oil (optional). Mix and serve right away with parmesan. Serves 4, or 2 if you need it.